A method and device for determining a personal happiness index and improving it.

Description of the invention

5   Note: Phrases in the masculine gender will also refer to feminine. Masculine has been used for the sake of convenience.

A method and apparatus allowing the user to characterize a system for monitoring his personal variables affecting his emotional state, and identifying his personal happiness index for himself.

10   Relating to and updating the variables and receiving feedback on them relative to himself and between himself and others.

The apparatus is based on various physiological and emotional components, each of which together and individually affect our emotional state.

15 ## The method and apparatus allowing the user to reflect and increase his happiness.

Inner happiness stems from an inner sense and is not necessarily dependent but on our ability to manage our feelings regarding events and activities that we experience.

20   Man's happiness is determined by many different personal attributes.

Everyone has a number of major attributes that affect his happiness.

Some of us are aware of these attributes and promote them in
25   order to be happy, while some of us are unaware of them and live our lives attempting to be happy but lacking the tools to improve.

The invention submitted bellow allows us (see figure number 1):

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A. To establish our identifiable personal attributes and refresh them from time to time.

B. To establish our general attitude to these components through defining the importance of each of the set of components for us through a quantitative index.

C. To identify our situation for a given moment regarding these attributes on a quantitative scale.

D. To receive our personal happiness scale we reflect for that moment and receive an average happiness index for a given time, as long as we have set and saved the data in the apparatus.

E. To receive dos and don'ts from a professional advice bank from the apparatus or a bank connected to the user that will assist him in his promoting and improving his happiness index in the immediate term and long term.

F. To communicate our personal happiness index and its attributes to others in order support to be supported by others or a group, by Internet, cellular phones or any other means of communication.

Existing field – review of patents in the field.

A widespread search for patents identical or similar to the submitted invention was undertaken. No patent dealing with or employing a similar method for gathering and analyzing user findings was found.

There are means that deal with and analyze emotions that use other tools and concepts differing from those presented in this invention.

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55   <u>**Detailed description of the invention body:**</u>

The program and the apparatus.

A program run using a device such as a cellular phone, laptop or desktop
computer, personal digital assistant or a specific device developed for
this application only.

60   The apparatus has a manual or voice operated user interface (**see figure
number 4**) containing a memory allowing for accumulation of user data, a
mathematical processor for calculating the data matrix, a program
converting the user data and performing the mathematical calculation of
the happiness index, a data input system and a screen for data display,

65   providing interactive audiovisual display of data with the user and
providing for a quantitative calculation of data on the user's emotional
state, providing recommendations to help achieve personal emotional
objectives.

Data input system for the personal attributes level

70   A personal profile system provides for the input of a set of personal data
according to the user's self-perception. The system receives the user
profile relative to him based on a number of emotional and physiological
fields.

The system receives data by marking or keying a term or stating the term

75   out loud. The user provides quantitative information on the term that
gives it a relative weight relative to all other terms.

As depicted in figure number 2, a scale allowing the user to define his
tendencies regarding anger.

80   Emotional fields based on the user's self perception can be as follows:

  • Degree of tendency to envy others.

  • The user's tendency to identify his own fears.

  • The user's tendency to get angry.

  • The user's tendency to love.

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85   • The user's tendency to enact others – the need for control.

     • The user's tendency for desire and passion.

     • The user's tendency for company.

     • The user's tendency to feel loved.

     • The user's tendency to be alone or part of a group.

90   • And other similar attributes that the user can set as major personality
       attributes.

The physiological / emotional fields manifest in the user's definition of his
physiological needs, as per the following example:

95   • Degree of need for physical / sporting activity

     • Frequency of food consumption

     • Frequency of sexual relations

     And other similar attributes that the use can set as major personality and
     physiological structure attributes.

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Apparatus for inputting the user's emotional state at a given time

This apparatus lets the user define, at a given point in time, his attitude to
his physiological emotional attributes directly without relating to the
personal attribute set or relating to the attribute set he defined in the

105 personal attributes input system. The attitude is marked by selecting a
     number or marking on a scale or a verbal expression that is converted
     into a quantitative mark by the system. The scale, as in the previous
     section, may indicate as shown in **figure number 3**, but a conceptually
     different appearance to that of the data input system may be designed.

110 The user identifies his feelings for these attributes, for example:

     • The extent of sense of jealousy the user feels at the time of emotional
       reflection.

     • The extent to which the user feels love (inward or outward).

     • The degree of anger the user feels at this time.

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115   • The degree of loneliness that he feels – indicating this on a quantitative scale from very lonely to not lonely at all.

• The degree of fulfillment of desire and passion, whether he craves for more passion in his life or is comfortable and maybe satiated – indicating this on a scale of very satiated or a great craving for passion.

120   • Whether the user feels he has enough power owing to activities he has conducted during the last few hours, or feels a craving for more command and control – and indicating this accordingly on the scale.

• Whether the user feels loved or not, stating this on the scale.

• Whether the user feels neglected or wanted by people surrounding
125   him, indicating this on the scale.

• The user's degree of sexual satisfaction.

• Whether he had physical exercise and the degree of satisfaction with it, and indicating this on the scale.

• Whether he has properly eaten too much or little, and indicating this
130   on the scale.

• The degree of support and love he receives from his surroundings.

• The degree of support and love he gives his surroundings.

• Index of the general mood in his surroundings.

• Index of the general mode in general as he feels it.
135   And various other attributes the user relates to and can update in his personal system.

A system performing an analysis for the emotional state and displaying an index known as the happiness index.
140   An algorithm that processes the personal data defined by the user and calculates the user's personal happiness index.

The algorithm processes each of the components according to the user's personal attributes or average attributes (if the user has not entered personal attributes) and adds or deducts points from the happiness index,

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145   the personal happiness index for a certain point in time is recorded in the
        processor, and the user can see the calculated change in his mood from
        time to time.

        Calculation of the points for the happiness index is calculated according
        to the ratio between:

150   The definitions and the relations between them that the user set
        regarding his emotional nature and physiological needs, and:

        His definition of his emotional feeling at that time.

        For example: if he gave great weight (relative to other components) to his
        tendency to be angry and stated in the momentary reflection process that

155   he felt very angry (on a defined scale), then the happiness index will
        decrease by a certain ratio corresponding with all the user's attributes.

        Should that momentary reflection of the user provide a high mark for the
        issue of control and the answer to the sense is strong and influential, then
        the happiness index will increase and rise back to the level corresponding

160   with his condition.

        (In other words, there are people who an identify themselves as angry but
        at the same time relatively happy, due to the alternative answer they
        identify in the need to control and influence, where as for others
        angriness will harm their happiness if it is not supported by another

165   strong index at the same time).

        In this process, the user's awareness of his situation will lead over time to
        an improvement in his happiness due to his ability to identify various
        components in his character, and reflect this happiness index to himself
        over time.

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        **The database provides the user feedback on his image, advice and
        direction based on his personal data.**

        The computer system is based on the user's personal data system and
        presents the user with alternatives to performing various actions, some of

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175 which are advice for actual enactment, and others material for thought in
the form of directing questions.

According to the happiness index and personal data the user entered,
recommendations will be chosen from the table using the mathematical
algorithm for helping the user bring the happiness index to a higher level

180 (should he opt to do so).

The user will also be able to state the name of the emotion he is
interested in coping with directly (anger, for example), and receive
guidelines and advice for helping him reduce his undesirable feelings.
The various recommendations deal with various issues that can allow the

185 user to achieve more, as known in various fields of psychology and
therapy. The recommendations will help the user find solutions to issues
such as loneliness, coping with anger, sadness, stress, anxiety, and
many other feelings. The database is updated from time to time
according to the development of the system and the user's choice to

190 make the update in the various ways specified in the invention.

An example of possible advice:

-   After you finish what you are doing, find time to read the book
    _____ chapter _____ on the subject of _____.
-   Call a friend and tell him or her how you feel.

195 -   Sit down and describe your feeling in writing, write down the
    reasons that led you to think this, reread them, and you shall see
    how things can change.

Such advice and guidelines will be prepared from time to time by
psychology and therapy professionals and will be added to the database.

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Creating support groups through communication between users.

In order to help and be helped by others, a group of people interested in
communicating with each other, play and hear their experiences and
feelings. The system provides the connectivity, and receives and displays

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205   messages using existing communication media (Internet, local area networks, landline and wireless communication, infrared, etc.) and communication networks developed in the future in the landline and wireless field.

In accordance with the device that the system is run on (computer,
210   cellular phone, personal digital assistance, dedicated device), communication is performed to allow a number of users to receive information from others and send the information they produce using their system. This information is processed by the mathematical processor and allows the user to view data, whether at a group sharing level or
215   individual to individual level, in accordance with his settings. The level of details transferred from one to another will be performed according to the users' wishes.

Group support will provide for information and idea sharing and direct support between users of the apparatus.
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Support from a human operator

A user that identifies a personal need to transfer the results and happiness index components to a professional individual can do this using the apparatus. A voice connection will be made between the user
225   and the professional party legally licensed to provide support for a user feeling such distress that the apparatus cannot help him.

A system providing for personal database update.

As stated in the previous section, the system will provide for the sending
230   and receipt of updates from unique information centers developed for this purpose over the years. The centers will contain alternatives that will be more and more effective with the accumulation of the users' personal experience and an increase of awareness for using the apparatus.

Mathematical matrices will be used for forming mathematical correlations
235 between knowledge items and setting types that the users make use of.
The system will contain a personal user learning mechanism based on
the user's use of the device.

The innovation of the patent

240   1. Awareness of emotional state provides for the achieving of
personal goals in all fields and at all levels; because of the
awareness you have of your emotional state, you can decide
whether it is the right time for you to perform one task or another,
and if you must perform a task, even if the time is not right,
245   because you are aware of your situation, you can always
maximize your performance – the means below are intended for
improving your level of awareness of your emotions.

   2. Your personal happiness level is composed of a range of
components that affect the user's happiness as he defines it; the
250   recording and selection of their importance as described in the
invention help the user strive for more happiness.

   3. A mechanism and method allowing the user to achieve higher
awareness of his emotions and mood in an independent,
subjective and personal manner and calculate his happiness index
255   with the aim of leading to an improvement from one measurement
to another with the help of structured proposal in the apparatus or
with the help of other users who are connected to him, at his
discretion and responsibility.

   4. An apparatus allowing the user to identify in his awareness
260   process his degree of responsibility for his feeling, thus personally
coping with his feelings and avoid attributing them to an extrinsic
source to the extent possible (which is something we often do).

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5. A means for allowing the user to draw advice from the advice bank
connected to the information system that the user puts into the

265   apparatus, and through the connation the user can receive advice
that is more aimed at the condition he describes himself in, thus
attempting to improve his personal feeling independently.

6. Group support at a user level without a need for an actual meeting.
Of course an unmediated meeting is usually more pleasant, but is

270   usually unavailable, and through the group support group the
group sessions can be more available and sometimes of better
quality.